



LET LOVE LIGHT THE WAY

AT KENSINGTON PLACE REDWOOD CITY



LOVE & WARMTH IN EVERY MOMENT: A WINTER MESSAGE FROM ALBERTO

At Kensington Place, the winter season is a time to embrace the beauty of togetherness and the warmth of love that brightens even the coldest days. It's a season where simple acts of kindness and shared moments remind us of the joy and gratitude that fill our lives.

As we celebrate the season of love, our team has thoughtfully planned a series of heartwarming events designed to inspire connection. From cozy gatherings with seasonal delights to engaging workshops and meaningful surprises, we invite you to join us in celebrating what truly matters—each other. Stop by on Thursday, February 20th at 3:30pm for "Love Through The Ages: Celebrating Connection & Romance in Aging Couples Facing Dementia." Together, they will explore the journey of love through the aging process, offering tools for caregivers and families.

We are more than a community—we are family, united by a shared commitment to care, compassion, and the joy of being together. Let us cherish the moments that bring us closer and continue to let love light the way in all we do. Wishing you and your loved ones warmth, happiness, and love in every moment,

With heartfelt gratitude,

Alberto Golia

Executive Director

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MEET THE RUDMAN FAMILY



MEET ROBERTA, OUR RESIDENT

Born and raised in Washington, D.C., Roberta's journey took her across the country to Palo Alto, where she embarked on a fulfilling career as an executive secretary in Hewlett-Packard's legal department. It was there that she met Ric, the man who would become her lifelong partner. Just a year after their first meeting, they were married, beginning a beautiful partnership that has flourished for over five decades. Together, they built a loving home, raised their son David, and created a life filled with cherished memories, laughter, and enduring love.

Roberta's warmth and generosity are evident in every aspect of her life. She is known for her radiant smile, her kind heart, and the deep, lasting friendships she has cultivated over the years. Beyond her devotion to family and career, she has always found joy in giving back to her community—especially through her lifelong passion for music. She has played a pivotal role in enriching young minds as an active member of Music for Minors and People of Note, two nonprofit organizations dedicated to bringing music education to local elementary schools.

Roberta's impact extends far beyond her immediate circles. She embodies kindness, dedication, and an unwavering commitment to making the world a better place. Whether through her work, her music, or the simple act of brightening someone's day, she has touched the lives of many. We are incredibly fortunate to know her and to be inspired by her remarkable spirit and many contributions over the years.

GRATITUDE FROM RIC, HER HUSBAND

For the past two years, Roberta, my spouse of 50 years, has been a resident at Kensington Place.

"I can't say enough positive things about the outstanding care she has received there."

Roberta has special needs because she suffers from both dementia and type 1 diabetes. We selected Kensington for a number of reasons: the outstanding nursing staff; the relaxing, homelike atmosphere; the delicious menus; and the well-designed and managed daily programs that keep the residents engaged with each other and their families. All these things are important, but the number one reason we are so pleased with Kensington is:

"The experienced and supportive staff treats each resident with dignity and love."



Scan the QR code and take a few minutes to share your experience with us on Google Reviews.





UPCOMING EVENTS



JOIN OUR COMPLIMENTARY KENSINGTON CAREGIVER EVENTS

This winter and early spring season, join us for heartfelt professional & insightful educational events that give you the resources you need as a caregiver or family member of an aging loved one.

Wednesday, February 19th, 3pm - 4pm via Zoom

Keeping Your Mind Sharp: Boosting Your Brain Health

With Experts on the BCAT Approach & ENRICH Brain Health Program

Thursday, February 20th, 3:30pm - 5pm at Kensington Place

Love Through the Ages

Celebrating Connection and Romance in Aging Couples Facing Dementia

Wednesday, March 5th, 3pm - 4pm via Zoom

Caring for Solo Agers: Building Your Support System for Successful Aging

With Steve Gurney, Founder of the Positive Aging Community

For more information about our events and to RSVP visit:

<https://kensingtonplaceredwoodcity.com/events>

COMING SOON: OUR NEWEST KENSINGTON COMMUNITY

Discover The Kensington Bethesda in Maryland



THE KENSINGTON

Assisted Living & Memory Care

BETHESDA

Exciting news from our Kensington family! Our newest community, The Kensington Bethesda, is set to open in Summer 2025, offering exceptional assisted living, couples care, and three specialized levels of memory care. **We are excited to share that our model rooms will be open for tours later this month!** As we celebrate the season of love and togetherness, we look forward to sharing more warmth and joy with you. Keep an eye out for details about our Welcome & Information Center that opened last Fall.

Don't miss our latest community updates, exciting news, and exclusive insights into our grand opening. **We invite you to follow us on Facebook at @TheKensingtonBethesda.** Stay connected and be the first to discover all that The Kensington Bethesda has to offer!



WINTER CAREGIVER GUIDE



THE 21-SECOND PAUSE: A POWERFUL WAY TO SHOW LOVE

By Leandra Sims, Kensington Community PAC Expert & Life Enrichment Specialist

Understanding language change is essential in all forms of communication, especially when expressing love to someone living with brain change. **One of the most profound ways to show love to someone living with dementia is through patience, allowing space for connection to unfold in its own time.**

Right now, take a moment and pause for 21 seconds. Set a timer or listen to the steady tick of a clock. It may feel like an eternity, but for someone living with dementia, this is the time they often need to process what was said. After this pause, you may notice a shift—perhaps a flicker of recognition, a gentle smile, a twinkle in their eyes, or even the words you were hoping to hear.

This simple act of waiting, of holding space without rushing, is a gift of love. It tells them, I see you. I am here with you. You are not alone. **The power of the 21-second pause is the power to communicate love in a way that truly reaches them.** Whether through a warm touch, a familiar melody, or simply being present in the silence, love is not measured in words but in the patience and presence we offer.



THE IMPORTANCE OF ACCEPTANCE & SELF-LOVE

Caregiver Support Stories with Susie Sarkisian, Family Support Coach



“Looking back over the last year, what is one lesson you’ve learned about yourself as a caregiver?” In the January support groups for family caregivers, I’ve been asking this question. It has allowed people to reflect on the year and given them a platform to share the lessons learned.

*Tip: a great way to reflect on your year is to look at photos in your phone from the past year. It jogs memories and brings perspective.

The lessons learned have been in the category of letting go. Letting go of a need to control, of anger at a disease, of disappointment in others, of a need for perfection, letting go of guilt. And with this, is more room for acceptance. Acceptance of the disease, of the situation, of their own limits. The bonus here? Acceptance can bring calm, some peace, and self-care. What could you let go of? And what would be the gift for yourself in letting go?

Susie Sarkisian is a Certified Life Coach and facilitates support for caregivers. Click [HERE](#) to learn more about her caregiver coaching services.



FAMILY CAREGIVER SUPPORT GROUP



Click [HERE](#) or visit our website to learn more

MONTHLY FAMILY CAREGIVER CONNECT SUPPORT GROUP

Led By *Susie Sarkisian, CPCC, Certified Life Coach*

*Second Monday of Every Month
from 7pm to 8pm via Zoom*

At Kensington Place, YOU, as a caregiver, matter to us as much as our residents do! We understand that care giving for someone can, at times, be a demanding commitment. We also believe it is one you should not undertake alone. That's why we strive to preserve your well-being by helping you stay positive, manage fatigue and make the most of time spent with your loved one. Let Kensington Place be your trusted resource for information and the comforting ally you need.

Please **join us on the 2nd Monday of every month** with Susie Sarkisian, CPCC, Certified Life Coach. Share time connecting with other caregivers and discussing common challenges in a welcoming, private setting. This group is complimentary and open to all family caregivers, whether your loved one is living at home or in a community.

**This group is complimentary & open to all, whether your loved one lives at The Kensington, at home, or in another community.*



COMMUNITY HAPPENINGS



SPREADING JOYFUL & HAPPY SMILES!



Kensington Place has been filled with warmth, laughter, and meaningful connections this week! Our residents enjoyed wonderful outings, heartwarming visits, and special moments with loved ones. A highlight was gathering for a cheerful breakfast outing, with our Ladies Club & Men's Club, where good company and delicious food made for the perfect start to the day. The joy of togetherness shone brightly as friends shared stories over fresh coffee and sunny conversations.

Inside our community, the spirit of love and companionship was just as strong. Residents basked in moments of kindness and affection, whether it was a sweet embrace from a family member or the simple joy of sharing an activity or meal together. These beautiful interactions remind us of the deep bonds that make Kensington Place such a special place to call home.

As we look ahead to spring, we are excited for more joyful gatherings. Here's to the connections that brighten our days and the love that fills our hearts!

EMBRACING WARMTH & TOGETHERNESS...

Valentine's Day Picnic : February 14th

Employee Appreciation Day Thank You Party : March 7th

Mardi Grass Celebration: March 4th

Saint Patrick's Day Family Night: March 17th

Ash Wednesday: March 5th

Happy Easter Celebration: April 20th



TEAM MEMBER CORNER



MEET DOREEN LAL

Our Loving Haven Lead Care Partner

Doreen has dedicated over 20 years to working with seniors and became a valued member of Kensington Senior Living in February 2020. She has been an incredible addition to the team, bringing her extensive experience, compassion, and a willingness to embrace new opportunities for growth. Doreen is committed to excellence in care, evident in her participation in specialized training programs such as the PAC (Positive Approach to Care) program, where she continues to expand her skills.

When asked why she enjoys working with seniors, Doreen shares that it brings her immense joy to meet the residents' needs and build meaningful connections. She believes that understanding their unique stories and personalities is key to providing the best care possible. She is eager to grow within the company and further her education in senior care, ensuring she can make an even greater impact in the lives of the residents she serves.



EMPOWERING CAREGIVERS THROUGH OUR EDUCATIONAL PROGRAMS

Mariella's Passion for Education & Support



At Kensington Place, we are committed to educating and supporting caregivers, and Mariella, our Director of Outreach & Educational Programs, brings a wealth of experience to this mission.

Born in Puebla, Mexico, and raised in Palo Alto, Mariella earned a Bachelor's in Nutrition and Food Science and a Master's in Education and Program Development. Her passion for learning led her to write and illustrate a children's book on nutrition education, along with contributing artwork to several others. Her career has blended education, wellness, and program development, from serving as an elementary school director and nutritionist in Mexico to working as a Life Enrichment Program Manager at Little House in Palo Alto. These experiences have shaped her dedication to empowering families with knowledge and resources.

Now at Kensington Place, Mariella organizes expert-led workshops, caregiver events, and outreach efforts to ensure families have the tools they need to navigate memory care. Her work strengthens our commitment to providing guidance, education, and support—because no caregiver should face the journey alone.



*Our promise is to love and care
for your family as we do our own*

**Love for Seniors • Respect for Each Other
Passion for Excellence • Spirit to Serve**



Bringing Hearts Together this Winter
Follow Us On Instagram:
@KensingtonSeniorLiving



Don't Miss A Beat!
Follow Us On Facebook:
@KensingtonPlaceRedwoodCity



Join Our Caregiver Club for Mobile Updates!
Text **KENSINGTONREDWOODCITY**
to (571) 489-7385

OUR TEAM

Alberto Golia
Executive Director

Carol Blackwell, RN
*Director of Nursing
Services*

Juneil Altamerano, LVN
Wellness Nurse

Jassi Kaur
Director of Memory Care

Laura Avalos
*Team Member
Services Manager*

Nancy Fernandez
*Director of Community
Relations*

Mariella Montesinos
*Director of Outreach &
Education Programs*

Alexa Rios
*Connections Life Enrichment
Activity Coordinator*

Aylin Raya
*Haven Life Enrichment
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Rhi Ramos
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